

July

2019

Alpha Tier Time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Alpha Lower	2 Alpha Upper	3 Alpha Lower	4 Alpha Upper	5 Alpha Lower	6 Alpha Upper
7 Alpha Lower	8 Alpha Upper	9 Alpha Lower	10 Alpha Upper	11 Alpha Lower	12 Alpha Upper	13 Alpha Lower
14 Alpha Upper	15 Alpha Lower	16 Alpha Upper	17 Alpha Lower	18 Alpha Upper	19 Alpha Lower	20 Alpha Upper
21 Alpha Lower	22 Alpha Upper	23 Alpha Lower	24 Alpha Upper	25 Alpha Lower	26 Alpha Upper	27 Alpha Lower
28 Alpha Upper	29 Alpha Lower	30 Alpha Upper	31 Alpha Lower			

August

2019

Alpha Tier Time Out

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Alpha Upper	2 Alpha Lower	3 Alpha Upper
4 Alpha Lower	5 Alpha Upper	6 Alpha Lower	7 Alpha Upper	8 Alpha Lower	9 Alpha Upper	10 Alpha Lower
11 Alpha Upper	12 Alpha Lower	13 Alpha Upper	14 Alpha Lower	15 Alpha Upper	16 Alpha Lower	17 Alpha Upper
18 Alpha Lower	19 Alpha Upper	20 Alpha Lower	21 Alpha Upper	22 Alpha Lower	23 Alpha Upper	24 Alpha Lower
25 Alpha Upper	26 Alpha Lower	27 Alpha Upper	28 Alpha Lower	29 Alpha Upper	30 Alpha Lower	31 Alpha Upper

September

2019

Alpha Tier Time Out

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Alpha Lower	2 Alpha Upper	3 Alpha Lower	4 Alpha Upper	5 Alpha Lower	6 Alpha Upper	7 Alpha Lower
8 Alpha Upper	9 Alpha Lower	10 Alpha Upper	11 Alpha Lower	12 Alpha Upper	13 Alpha Lower	14 Alpha Upper
15 Alpha Lower	16 Alpha Upper	17 Alpha Lower	18 Alpha Upper	19 Alpha Lower	20 Alpha Upper	21 Alpha Lower
22 Alpha Upper	23 Alpha Lower	24 Alpha Upper	25 Alpha Lower	26 Alpha Upper	27 Alpha Lower	28 Alpha Upper
29 Alpha Lower	30 Alpha Upper					

October

2019

Alpha Tier Time Out

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Alpha Upper 1	Alpha Lower 2	Alpha Lower 3	Alpha Upper 4	Alpha Lower 5	Alpha Upper 6
Alpha Upper 7	Alpha Lower 8	Alpha Upper 9	Alpha Lower 10	Alpha Upper 11	Alpha Lower 12	Alpha Upper 13
Alpha Lower 14	Alpha Upper 15	Alpha Lower 16	Alpha Upper 17	Alpha Lower 18	Alpha Upper 19	Alpha Lower 20
Alpha Upper 21	Alpha Lower 22	Alpha Upper 23	Alpha Lower 24	Alpha Upper 25	Alpha Lower 26	Alpha Upper 27
Alpha Lower 28	Alpha Upper 29	Alpha Lower 30	Alpha Upper 31			